

Onions and Mushrooms

Fried mushrooms and onions are a comfort food. Use just enough oil to cover the bottom of frying pan. Add a couple of dashes of salt and turn the heat on to medium. Allow the onions to cook until they boil. Turn down 1/3. Stir constantly to prevent sticking. As the onions become clearer, add the mushrooms. Fry until the mixture is caramelized. Mushrooms and onions can be eaten alone, on a plate of rice or noodles, or on top of a hamburger. If standing to stir isn't feasible, bake the onions and mushrooms in an oven safe pan.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Spices
- Vegetable oil

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables:

4 ounces of sliced mushrooms

1/2 cup of diced onions

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice:

4 ounces of mushrooms

1/2 cup of onions

2. Add enough vegetable oil to cover the bottom to the 8 inch frying pan.

3. Turn on stove to medium heat.

4. When oil is warm, add 1/2 cup of diced onions.

5. Stir and watch until they begin to become clear.

6. Turn heat down 1/3.

7. Add 4 ounces of sliced mushrooms.

8. Cook over 1/3 less than medium heat.

9. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.